What issue for would like to work on today? Possibilities include :-

* Anger & Irritation
* Managing Stress better
* Improving Relationships
* Reducing Procrastination
* Finding satisfying work
* Managing worry and anxiety better
* A decision you need to make
* Managing low mood & feeling demotivated
* Career performance
* Become happier and more fulfilled
* Achieve your Goals (e.g. for the next year)

I would like to work on

**Stoicism Made Simple in 4 Sentences**

**Rational judgement**, now, **at this very moment**.
“**Virtuous** **action,** now, **at this very moment**. (Wisdom, Courage, Self-control, Justice)
**Willing** **acceptance** - now, **at this very moment** - of what you can’t change
That's **all you need**.” *Adapted from Marcus Aurelius, Meditations, 9.6*





My issue:

|  |  |
| --- | --- |
| What I cannot control | What I can control |
|  |  |
|  |  |
|  |  |
|  |  |

Use of virtues (and how)

|  |  |
| --- | --- |
| Virtue | How to use |
| Wisdom | Focus on what I can control. Remember doing my best (virtues) matters most. |
| Courage |  |
| Self-Control |  |
| Justice |  |

Action Plan (Practical Wisdom)

On a scale of 0-10, how useful does this model seem?